

# What ZONE are you in today?

Check-In Date: \_\_\_\_\_

## Morning Check-In

What Zone are you in?

Blue Zone

Green Zone

Yellow Zone

Red Zone

Draw a picture of how you are feeling?

## Mid-Day Check-In

What Zone are you in?

Blue Zone

Green Zone

Yellow Zone

Red Zone

Draw a picture of how you are feeling?

## Afternoon Check-In

What Zone are you in?

Blue Zone

Green Zone

Yellow Zone

Red Zone

Draw a picture of how you are feeling?